SEVEN 30 SOUTH

GRILL

TONIGHT'S SPECIALS BY CHEF KIRK BLISS
OCTOBER 8, 2004

10 OZ RIB-EYE
Grilled, 10oz, Certified Angus Rib-Eye topped with Maytag Bleu Cheese Crumbles and Onion Rings; Served over Mashed Potatoes with Grilled Asparagus $18.50

SESAME SALMON
Sesame Encrusted Fillet of Salmon topped with a Sweet Shallot Soy Glaze and served with a Jade Rice Blend and Lemon Scented Baby Spinach $15.50

SIRLOIN À LA OSCAR
Grilled, 8oz, Center Cut, Top Sirloin crowned with Fresh Crab Meat and Béarnaise; Served on a Bed of Mashed Potatoes with Grilled Asparagus $18.00

STUFFED PORKLOIN
Oven Roasted Porkloin with a Chorizo Stuffing sauced with an Ancho Chili Gravy; Served over Mashed Potatoes with Baby Vegetables $14.50

BLACKENED MAHI MAHI
Blackened Fillet of Mahi accented with a Roast Corn and Black Bean Salsa; Served with Cilantro Rice and Steamed Baby Vegetables $17.50

CLAM LINGUINI
Sautéed Whole Manila Clams with Sweet Baby Shucked Clams tossed with Fresh Herbs and Linguini Pasta in a White Wine & Garlic Sauce topped with Grated Parmesan $13.50

SPECIAL DESSERT: AREQUIPE CHEESECAKE
Set on a Gingersnap and Toasted Pecan Crust, the Filling is Swirled with Arequipe, a Rich Latin American Caramel that is a Heavenly Combination with Cheesecake! $5.50

TODAY'S WINE FEATURE
PASCUAL TOSO 2002 MALBEC
GLASS $6.50 BOTTLE $24.00
10 OZ RIB-EYE
Grilled, 10 oz, certified Angus rib-eye topped with Maytag bleu cheese crumbles and onion rings; served over mashed potatoes with grilled asparagus $18.50

SESAME SALMON
Sesame encrusted fillet of salmon topped with a sweet shallot soy glaze and served with a jade rice blend and lemon scented baby spinach $15.50

SIRLOIN À LA OSCAR
Grilled, 8 oz, center cut, top sirloin crowned with fresh crab meat and Béarnaise; served on a bed of mashed potatoes with grilled asparagus $18.00

STUFFED PORKLOIN
Oven roasted porkloin with a chorizo stuffing sauced with an ancho chili gravy; served over mashed potatoes with baby vegetables $14.50

BLACKENED MAHI MAHI
Blackened fillet of mahi accented with a roast corn and black bean salsa; served with cilantro rice and steamed baby vegetables $17.50

CLAM LINGUINI
Sautéed whole Manila clams & sweet baby shucked clams tossed with fresh herbs and linguini pasta in a white wine & garlic sauce topped with grated Parmesan $13.50

SPECIAL DESSERT: AREQUIPE CHEESECAKE
Set on a gingersnap and toasted pecan crust, the filling is swirled with arequipe, a rich Latin American caramel that is a heavenly combination with cheesecake! $5.50

TONIGHT’S WINE FEATURE

PASCUAL TOSO 2002 MALBEC
GLASS $6.50 BOTTLE $24.00

One of the oldest and most prestigious of Argentina's wine makers, Pascual Toso has been producing exceptional wines since 1890. This Malbec from the Maipu area bursts forth with hints of blackberry, violet & coffee finishing long & strong with slightly smoky accents and a touch of vanilla.
SEVEN 30 SOUTH
AN AMERICAN BAR AND GRILL

Take
Lunch
Home

Phone 303-744-1888
Fax 303-744-8753
730 S. University Blvd.

Serving Lunch at 11:00 & Dinner at 4:00
Appetizers

ARTICHOKE DIP
with ciabatta toast points  7.95

STUFFED BRIE
served with warm apple-cranberry chutney  6.95

CRISPY CALAMARI STRIPS
voted best in Denver! with roasted garlic aioli & spicy marinara for dipping  8.95

CHICKEN FINGERS
with barbecue dipping sauce  6.95

SEVEN 30 NACHOS
three cheeses, black beans, pico de gallo, fresh guacamole, sour cream over tortilla chips  6.95 with chicken  8.50

Onion Soup
Cup 3.50 Bowl 4.95

SOUP OF THE DAY
Cup 2.95 Bowl 4.50

Tomato Basil Soup
Cup 2.95 Bowl 4.50

LOBSTER BISQUE
Cup 3.95 Bowl 5.50

Salads

SEVEN 30 SALAD
mixed greens, tomatoes, cucumber, homemade croutons & mustard vinaigrette  3.95

WEDGE
maytag bleu cheese over iceberg lettuce with a light garlic vinaigrette  4.95

CLASSIC CAESAR SALAD
crisp romaine, parmesan & fresh croutons in our homemade tangy Caesar dressing  5.95

WITH GRILLED CHICKEN  8.50

HALF CAESAR  3.95

PORTABELLA MUSHROOM SALAD
on field greens with roasted red pepper, fresh mozzarella & balsamic dressing  7.95

COBB SALAD
Grilled chicken breast served on a bed of mixed greens with cucumbers, tomatoes, corn, bacon, blue cheese crumbles and a hard boiled egg tossed with a mustard vinaigrette  8.95

BABY SPINACH SALAD
with toasted walnuts, bacon, crumbled goat cheese, crisp apples & maple dressing  7.75

BONNIE BRAE CHICKEN SALAD
with walnuts & herbs served over greens with cucumbers & tomatoes with a mustard vinaigrette  7.95

ORIENTAL SPICED SALMON SALAD
grilled salmon with baby greens, red pepper, mandarin oranges, rice noodles, crispy wontons & citrus-soy dressing  10.50
SOUTHWESTERN CHICKEN SALAD
Grilled chicken breast over field greens with roasted corn, red onion, black beans, cilantro-lime dressing, chipotle sour cream, cilantro-lime dressing, chipotle sour cream. 8.95

MEDITERRANEAN SALAD
Fresh tomatoes, kalamata olives, red onion, cucumber, feta cheese, artichoke hearts & mixed greens tossed in a red wine vinaigrette. 6.95

LOWFISH TUNA SALAD
Jack sesame encrusted 6 oz. tuna on a bed of mixed greens with cucumber, tomato, rice noodles, and goat cheese tossed with a wasabi vinaigrette. 11.50

Sandwiches
These sandwiches come with fries, cottage cheese or seven 30 salad.

CHICKEN CORDON BLEU SANDWICH
Grilled chicken breast, brie cheese, smoked ham, fresh spinach & pesto mayo served on a baguette. 8.50

HALF POUND HAMBURGER
On a seeded kaiser roll. 7.75
Add bacon/cheese/grilled onions or sautéed mushrooms. .50

SCOTT'S TRIPLE DECKER CLUB SANDWICH
Smoked turkey, ham, bacon, lettuce, tomato, cheddar and Swiss cheese on three pieces of toasted Vienna bread. 8.95

RANCHERS STEAK SANDWICH
8 oz. Choice steak grilled to order served with caramelized onions and sautéed mushrooms on a ciabatta roll with a side of horseradish sour cream. 11.95

BUFFALO RUBEEN
Shaved corned buffalo with sauerkraut, melting Swiss, and Thousand Island dressing on toasted rye bread. 8.50

SPICY PORK TENDERLOIN SANDWICH
Caribbean jerk pork with mango, red onion, Monterey jack cheese, & chipotle sour cream on a baguette. 8.50

CHICKEN SALAD SANDWICH
With walnuts & herbs on a baguette with lettuce & tomato. 7.95

TURKEY PESTO SANDWICH
With Monterey jack cheese, bacon, lettuce, tomato & pesto mayo served on baguette. 8.50

CLASSIC TURKEY OR HAM SANDWICH
Your choice of turkey or ham with Swiss cheese, lettuce, tomato & mayo on Vienna bread. 7.50

PORTABELLA MUSHROOM SANDWICH
With grilled onions, baby greens, roasted red peppers, Monterey jack & roasted garlic mayo on a seeded kaiser roll. 7.95

Seven 30 Specialties

Beef Tenderloin Stroganoff
Tenderloin tips classically prepared with mushrooms, onions and sour cream tossed with egg noodles. 10.50

TUNA RIGATONI
Tossed with Italian sausage, sweet peas & tomato basil cream sauce. 9.50

SHRIMP & PENNE PASTA
Sauteed shrimp with artichoke hearts, tomatoes, basil & roasted garlic. 10.95

Without Shrimp. 7.95

SHISH & CHIPS
Beer battered cod served with french fries & coleslaw. 8.95

SHRIMP & LOBSTER ENCHILADA
Two enchiladas with guacamole, cilantro rice, black beans, & chipotle sauce. 9.95

MARGARITA PIZZA
And tossed pizza dough brushed with an Alfredo sauce & topped with fresh mozzarella, tomato slices and basil; served with side Caesar salad. 9.95

CHICKEN QUESADILLA
With pico de gallo & avocado sour cream. 7.25

VEGETARIAN QUICHE
Your own spinach, mushroom & four cheese quiche served with a salad. 7.50

JOIN US FOR WEEKEND BRUNCH
Saturday 10:00 - 3:00     Sunday 9:00-3:00
We serve the above menu along with:

STEAK AND EGGS. 11.50
EGGS BENEDICT. 9.50
EGGS SEVEN 30 (BENEDICT WITH A CRAB CAKE). 9.95
VEGETARIAN BENEDICT. 9.50
EGG FRITTATA. 7.95
EGGS SANTA FE. 7.50
GRAND MARNIER FRENCH TOAST. 7.50
TWO EGGS SCRAMBLED WITH FRUIT & POTATOES. 6.25
BELGIAN WAFFLES. 6.25
BREAKFAST BURRITO. 8.95
QUICHE. 7.50
OMELETS. 7.95
Take Advantage of

HAPPY HOUR

AT

SEVEN 30 SOUTH

Monday Through Friday
4:00 – 5:30

$2.00 Draft Beer
$4.00 Call Cocktails
$2.00 House Chardonnay or Merlot

Happy Hour Menu
Crispy Calamari
Artichoke Dip
1/2 lb. Hamburger
Chicken Quesadilla
Crab Cakes
Chicken Fingers
Seven 30 Nachos
Vegetarian Pot Stickers
SEVEN 30 SOUTH GRILL

Take Dinner To Go

Phone 303-744-1888
Fax 303-744-8753
730 S. University Blvd.
Serving Lunch at 11:00
&
Dinner at 4:00
APPETIZERS

Artichoke Dip
with ciabatta toast points 7.95

Vegetarian Potstickers
crispy potstickers with a shallot soy dipping sauce 6.50

Stuffed Brie
brie stuffed with an apple-cranberry chutney m 6.95

P.E.I. Mussels
boll pound of sautéed mussel with your choice of a white wine garlic sauce or homemade marinara sauce 8.00

Crispy Calamari Strips
Ad best in Denver! with roasted garlic aioli & marinara dipping sauces 8.95

Blue Crab Cakes
with a mango-barbecue sauce 8.95

Wild Mushroom Strudel
all dough stuffed with wild mushrooms, roasted red peppers, asiago cheese & parmesan; with a rosemary aioli 7.50

Smoked Chicken Taquitos
mini taquitos with a smoked chicken and cheese filling topped with fresh pico de gallo 7.25

SOUPS

Ranch Onion Tomato Basil Today’s Soup
p 3.50 Bowl 4.95 Cup 2.95 Bowl 4.50 Cup 2.95 Bowl 4.50

SALADS

Seven 30 Salad
red greens, tomatoes, cucumbers, & croutons with a mustard vinaigrette 3.95

Wedge
egg lettuce topped with maytag blue cheese, fresh tomatoes, basil & a light garlic vinaigrette 5.25

Classic Caesar Salad
isp romaine, fresh croutons, parmesan cheese & a tangy dressing 6.50

With Grilled Chicken 8.50 Half Caesar Salad 3.95

Baby Spinach Salad
ndled walnuts, imported goat cheese, bacon, apples, red with a maple dressing 7.75

Marinated Portobella Mushroom Salad
illed portobella on a bed of fresh field greens with roasted red peppers, mh mozzarella, tomatoes with a balsamic dressing 7.95

Cobb Salad
illed chicken breast served on a bed of mixed greens with cucumbers, natoes, corn, bacon, blue cheese crumbles and a hard-boiled egg tossed with a mustard vinaigrette 8.95

Southwestern Chicken Salad
illed chicken breast over field greens with roasted corn, scallions, black beans, cilantro-lime dressing, chipotle sour cream & red corn tortillas 8.95

Oriental Spiced Salmon Salad
illed salmon with baby greens, red peppers, tomatoes, mandarin oranges, noodles, crispy wontons & citrus-soy dressing 10.95

Mediterranean Salad
sh tomatoes, kalamata olives, cucumber, red onion, feta cheese, artichoke ets & mixed greens with a red wine vinaigrette 7.50
PASTA

Ron's Rigatoni
Sautéed Italian sausage with sweet peas, fresh garlic, basil; tossed with a tomato cream sauce 11.50

Shrimp & Penne Pasta
Sautéed tiger shrimp with artichoke hearts, tomatoes, basil & a roasted garlic white wine sauce 13.95
prepared without shrimp 8.95

Potato Gnocchi Alla Carbonara
Classically prepared; potato gnocchi tossed with caramelized onions, bacon, green peas and a parmesan cream sauce 12.95

Smoked Chicken Fettuccini
Smoked chicken sautéed with spinach, mushrooms and tomatoes tossed in a roast garlic cream sauce over a bed of spinach fettuccini 12.50

SEVEN 30 SPECIALTIES

Pan Roasted Chicken
A 14 oz chicken served with herb roasted potatoes & lemon scented spinach. Please allow 20 minutes to prepare 13.95

Veal Schnitzel
Two 4 oz tender cutlets of veal, lightly breaded & pan fried served with a lemon-caper sauce, on a bed of linguini & mixed vegetables 15.75

Chicken Pot Pie
Poached chicken with fresh vegetables & puff pastry served with seven 30 salad 10.50

Tuscan Beef Stew
Braised beef with butternut squash & mix vegetables served with basil mashed potatoes 11.50

Sautéed Veal Scaloppini
Two sautéed veal cutlets with wild mushrooms & artichoke hearts in a marsala wine sauce with baby vegetables & mashed potatoes 15.95

Chicken Saltimbocca
Sautéed chicken breast with smoked ham and melted Swiss cheese; topped with artichoke hearts, capers, and a lemon butter sauce. Served on linguini with a medley of vegetables 13.95

Eggplant Parmesan
Breaded eggplant layered with homemade marinara and fresh mozzarella served over linguini 12.50

Shrimp & Lobster Enchiladas
Three enchiladas with chipotle sauce, melted cheeses, guacamole, cilantro rice & black beans 13.75

Margarita Pizza
Hand tossed pizza dough, brushed with an Alfredo sauce & topped with fresh mozzarella, tomato slices and fresh basil, served with a Caesar salad 9.95

Pork Medallions
Three center cut pork medallions sautéed and topped with a fresh granny smith apple brandy sauce accompanied with mashed potatoes and baby vegetables 14.95

Beef Tenderloin Stroganoff
Tenderloin tips classically prepared with mushrooms, onions and sour cream tossed with egg noodles 15.50

FROM THE GRILL

Apricot BBQ Ribs
Slow roasted hickory pork ribs brushed with homemade BBQ sauce with mashed potatoes and cole slaw. Half Rack 11.95 Full Rack 15.95

Marinated London Broil
Dijon marinated London broil topped with a mushroom Burgundy wine reduction served on a bed of mashed potatoes with grilled asparagus 15.50

Filet Mignon
Grilled 8 oz. tenderloin with a wild mushroom red wine sauce, baby spinach & mashed potatoes 22.95

Pistachio Encrusted Pork Tenderloin
With a Jack Daniel’s marinate, mango sauce, parmesan potato cake and baby vegetables 14.95

Flat Iron Steak
Little known but one of the most tender cuts of beef topped with caramelized onions; served with baked potato and baby vegetables 15.95

FROM THE SEA

Grilled Atlantic Salmon
Red corn tortillas with cilantro rice, salmon fillet, shrimp ceviche & an avocado sour cream 14.95

Rainbow Trout
Cormel encrusted fillet of Idaho trout over mixed greens and a parmesan potato cake all topped with a fresh raspberry vinaigrette 14.00

Coconut Shrimp
Served with cilantro rice and mixed vegetables in a mango-orange sauce 15.50

Seven 30 Crab Cake Dinner
Three crab cakes with a mango-barbecue sauce, French fries & coleslaw 14.95

Fish & Chips
Three filets of cod with a homemade beer batter & served with French fries & coleslaw 9.95

SANDWICHES

served with fries, cottage cheese or seven 30 salad

Half Pound Hamburger
On a seeded Kaiser bun 7.75
add bacon / cheese / avocado or sautéed mushrooms .50

Chicken Cordon Bleu Sandwich
Grilled chicken breast, brie cheese, ham, fresh spinach & pesto mayo on a ciabatta roll 8.50

Portabella Mushroom Sandwich
With caramelized onions, roasted peppers, baby greens, melted Monterey jack cheese & roasted garlic mayo on a seeded Kaiser bun 7.95

CHEF KIRK BLISS
Take Advantage of

HAPPY HOUR

AT

SEVEN 30 SOUTH GRILL

- Monday Through Friday
  4:00 - 5:30

- $2.00 DRAFT BEER
  $4.00 CALL COCKTAILS
  $2.00 HOUSE CHARDONNAY
  OR MERLOT

HAPPY HOUR MENU

CRISPY CALAMARI
ARTICHOKE DIP
1/2 lb. HAMBURGER
CHICKEN QUESADILLA
CRAB CAKES
CHICKEN FINGERS
SEVEN 30 NACHOS
VEGETARIAN POT STICKERS